

# Wednesday's Wisdom

April 4, 2013



## Think Spring!

The National Food Service Management Institute needs the help of child nutrition professionals nationwide!

NFSMI is conducting a survey as a quick start to determine which USDA Standardized Recipes should be updated with the new meal pattern requirements in the first round of updating. This survey will be available through the entire month of April, so please respond as soon as it is convenient.

If you have any questions or concerns, please email [helpdesk@nfsmi.org](mailto:helpdesk@nfsmi.org) or contact the Helpdesk at 1-800-321-3054. Thank you for your assistance.

<http://www.surveymonkey.com/s/WVZ2F3B>

### **Tri-State Information**

**When:** May 13 and 14, 2013.

**Where:** Attitash Grand Summit Hotel and Conference Center in Bartlett, NH.

**What:** The agenda is packed with Child Nutrition information including online child nutrition education, leadership training, meal pattern training and more! There will be 2 tracks – CACFP and NSLP.

Key Note speakers include Chef Cyndie Story and Craig Weidel, author of "My Heroes Have Always Worn Hairnets."

Information on registration will come in the near **future**.



***Save the Date for  
Tri-State!***

***Monday; May 13, 2013***

**Conference Day**

***Tuesday; May 14, 2013***

**SNA Credential Exam**

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## Community/School Gardens

Schools and communities can work together to share land and develop a shared garden space. When groups formalize such a relationship, it's called a joint-use agreement. Joint-use gardens have the potential to:

- Increase access to fresh fruits and vegetables
- Help community members save money spent on fresh produce
- Provide opportunities to share fruit and veggie nutrition information, recipes, and cooking skills
- Increase physical activity
- Connect people of different ages, races, incomes, and ethnicities
- Build community connections
- Reclaim and beautify abandoned property
- Teach business and life skills
- Provide donations of surplus produce to food shelters

### Resources to Help Develop a Community/School Garden

**Eat Smart, Move More North Carolina: Growing Communities through Gardens** (12 pages)

Eat Smart, Move More North Carolina

<http://www.eatsmartmovemorenc.com/Gardens/Gardens.html>

Leadership and management tips

**Establishing Land Use Protections for Community Gardens** (16 pages)

National Policy and Legal Analysis Network (NPLAN)

<http://www.nplanonline.org/nplan/products/establishing-land-use-protections-community-gardens>

Model comprehensive plan language to protect and expand community gardens

Model zoning language to establish community gardens as an approved use

Community garden policy language

**A Fact Sheet for Advocates** (2 pages)

**Cultivating Community Gardens: The Role of Local Government in Creating Healthy, Livable Neighborhoods** (4 pages) Local Government Commission, Sacramento, California

[http://www.lgc.org/freepub/docs/community\\_design/fact\\_sheets/community\\_gardens.pdf](http://www.lgc.org/freepub/docs/community_design/fact_sheets/community_gardens.pdf)

**American Community Gardening Association** (website) Offers two-day leadership-development training and suggests how to raise funds for training.

<http://communitygarden.org>

**CitySprouts** (website) Schoolyard gardening in public schools, Cambridge, MA

<http://www.citysprouts.org>

**Got Dirt? Garden Tool Kit for Implementing Youth Gardens** (62 pages)

Wisconsin Nutrition, Physical Activity, and Obesity Prevention Program

[http://dhs.wi.gov/health/physicalactivity/pdf\\_files/GotDirt\\_09.pdf](http://dhs.wi.gov/health/physicalactivity/pdf_files/GotDirt_09.pdf)

**University of New Hampshire Cooperative Extension** (website) Information and links on starting and maintaining a community food garden.

[http://extension.unh.edu/HCFG/Start\\_Garden.htm](http://extension.unh.edu/HCFG/Start_Garden.htm)

[http://extension.unh.edu/HCFG/Home\\_Com\\_Garden.htm](http://extension.unh.edu/HCFG/Home_Com_Garden.htm)

### Gardening Experts in Your County

For expert advice on gardening, contact the Agriculture Educator at your UNH Cooperative Extension County Office. Find a local expert at

<http://extension.unh.edu/Counties/Counties.htm>.

NH DHHS, DPHS, Obesity Prevention Program • 1-800-852-3345 ext.4551 • [www.dhhs.nh.gov](http://www.dhhs.nh.gov) • Oct 2010